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U. S. DEPARTMENT OF AGRICULTURE
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PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 5, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

SOUR MILK

It may seem like a disaster when the milk turns sour. But sour milk is good food, and should never be thrown away, says the Bureau of Home Economics of the U. S. Department of Agriculture. Some of the best cooks go so far as to make the milk sour, deliberately, for special uses. And you remember, of course, that Little Miss Muffet sat on a tuffet, eating her curds and whey - with enjoyment, presumably, until the spider came.

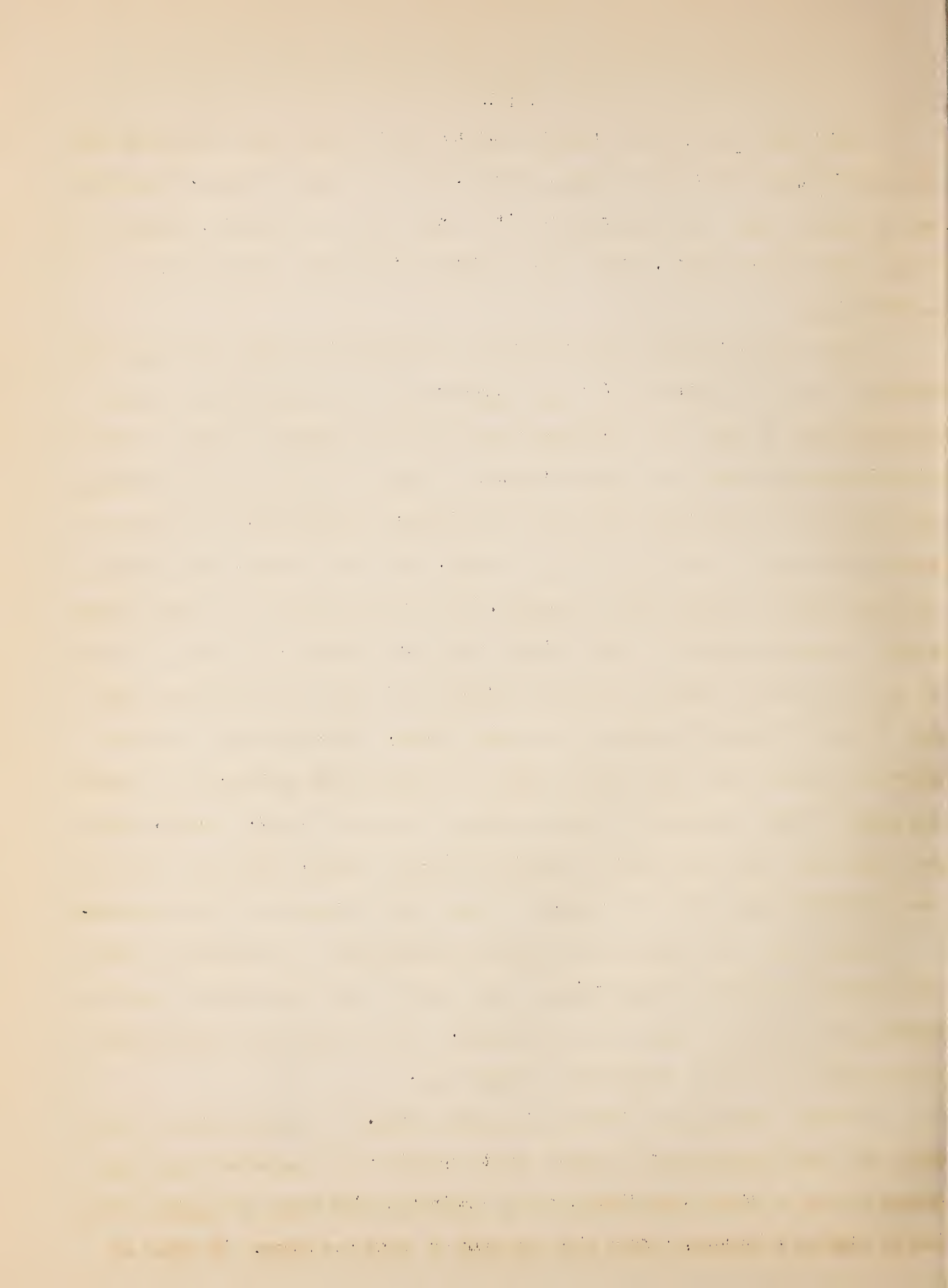
But perhaps you call it clabber -- or bonnyclabber. Or, if you live in the far South, it may be French curd to you. In any case, clabber or curd with sweet cream or top milk and sugar is good for breakfast, or it is a delightful summer dessert -- with fruit or preserves if you have them.

For a dish like this the souring must not go too far -- just far enough for the milk to "set." For quick breads, however, and some kinds of cakes, sour clabber is just as good. Many cooks prefer it to sweet milk for biscuits, griddle cakes, corn bread, muffins, brown bread, waffles, gingerbread, spice cake, or devil's cake.

When used in cooking, sour milk must be neutralized by soda. In doughs or batters, it can be substituted for equal quantities of sweet milk if you use the right quantity of soda. The proportions are $1/2$ level teaspoon of soda to each cup of sour clabbered milk, or a quarter teaspoon of soda if the milk is just turning. The soda should be mixed with the flour and other dry ingredients, so it will not begin to act until it is in the batter or dough. For thin batters, the soda and sour milk usually furnish enough leavening, but for thick batters or doughs baking powder is usually needed too. For griddle cakes, for instance, in place of 1 cup of sweet milk and 2 teaspoons of baking powder, use 1 cup of sour clabbered milk and $1/2$ level teaspoon of soda with no baking powder. This quantity of soda is right for the sour milk, and with the milk it is practically equivalent in leavening power to the 2 teaspoons of baking powder. For biscuit dough, however, where you would use 1 cup of milk and 4 teaspoons of baking powder, substitute 1 cup of sour clabbered milk, $1/2$ level teaspoon of soda, and 2 teaspoons of baking powder.

Milk turns sour because of the lactic acid bacteria it contains, but these are beneficial bacteria. They produce a soft curd in sour milk, which is easy to digest, and this is the reason that buttermilk, cottage cheese, and artificially soured milk are so often recommended by physicians.

Cottage cheese is one of the best summer dishes. It is often made of sour milk, and when moistened with a little sweet top milk and seasoned with salt and pepper it may be served with dinner, or as a main dish for lunch or supper. Or it can be used as a dessert, served with top milk or cream and sugar. It makes an



attractive salad when loosely piled on a lettuce leaf, perhaps with grated carrot or strips of green pepper, green cabbage, slices of tomato, cucumber, or pickle. Or it can be put in the center of a ring of tomato jelly, or pressed into a green pepper which is then chilled and sliced. Again, cottage cheese with crackers and jelly or preserves makes a good finish for lunch, dinner, or supper.

If the milk has soured with the top milk on it, try using that top, or any sour cream, to make a horseradish sauce to serve with meat or fish. Or add a little sour cream to pork gravy just before it comes off the stove. Or you can add small quantities of sour cream to any cooked salad dressing with good effect.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2 $\frac{1}{2}$ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot cereal
Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Boiled fish - horseradish sauce
Potatoes - Green onions
Sour milk cornbread

Supper

Mixed vegetable salad
Bread and butter
Baked custard

RECIPES

French Curd

is

This/uncooked curd or French cottage cheese. The sour milk is not heated. It is simply poured into earthenware molds with holes in the bottom. A very fine sieve may be used instead of the molds. The whey drips out and the curd assumes a custard-like consistency and takes the shape of the mold. When sufficiently stiff the cheese is chilled and is eaten with sweet cream and sugar, fruits or preserves.

Sour Milk Cottage Cheese

1 quart freshly clabbered milk	Salt
1 quart boiling water	Pepper

Pour boiling water over the clabber. Let stand until curd separates. Turn into cheesecloth bag and let hang until whey has drained. Break and moisten curd with 2 tablespoons of melted butter. Season to taste. Sweet or sour cream may be added, for greater smoothness and better flavor.

Horseradish Sauce

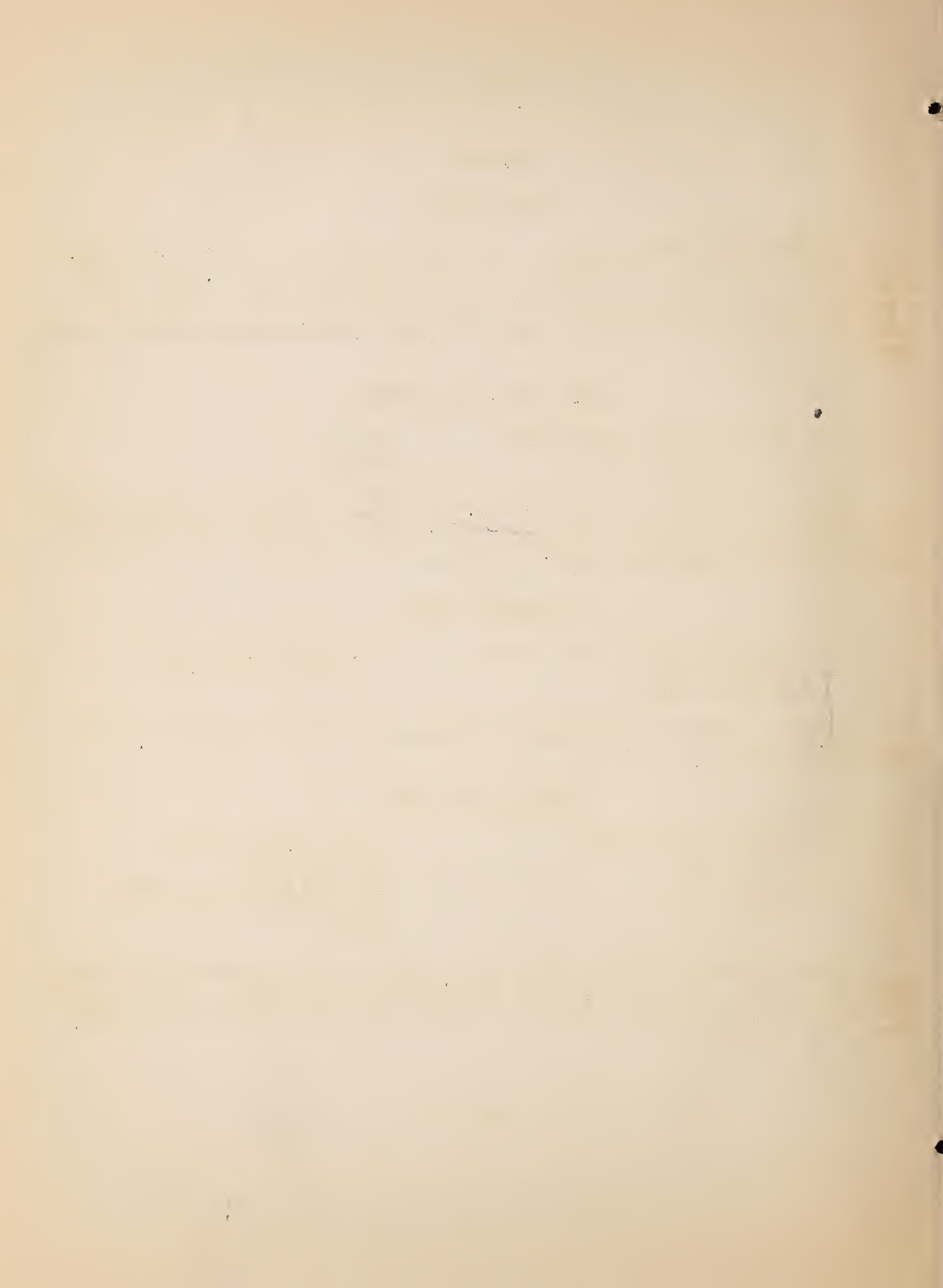
$\frac{1}{2}$ cup thick sweet or sour cream	3 or 4 tablespoons fresh
$\frac{1}{2}$ teaspoon salt	grated horseradish
1 teaspoon sugar	

Whip the cream, salt, and sugar, and gradually add the horseradish. Serve with meat or fish.

Cottage Cheese Pie

1 pound cottage cheese	$\frac{1}{2}$ cup chopped raisins
$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup milk	Rind and juice of 1 lemon
3 eggs, beaten	1 tablespoon melted butter
	Pastry

Press the cheese through a fine sieve. Add the other ingredients and stir until well mixed. Line a deep pie tin with pastry and bake until a delicate brown. Fill with the cheese mixture. Bake in a moderate oven until firm in the center, about 15 to 20 minutes.



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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C

RELEASE FOR PUBLICATION
JULY 12, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:		
:	Every meal - Milk for children, bread for all	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding :	Tomatoes for all	:
:	Potatoes	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children :	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable :	cheese	:
:	Milk for all	:	:
:	:	:	:

PORK AND BEANS SUMMER STYLE

Many a dinner table, just now, is boasting its first home-grown snap beans-- maybe from the home garden, maybe from the local market. The bean crop is just coming along in the Middle and Northern States. In the South, snap beans are giving way to fresh limas, or Kentucky Wonder pole beans, or blackeyed peas. But there will be more plantings, north, middle, and south, for the fall crop of "snaps."

The fresh bean crop is something to take advantage of, says the Bureau of Home Economics of the U. S. Department of Agriculture. Snap beans are an unusual vegetable because we eat the pods as well as the seeds. They are in the class with greens for nutritive value, though not quite so rich in vitamins and minerals as turnip tops and spinach, for example. But they are somewhat higher in starch than most of the greens and yield more calories, and they are so different in texture

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and flavor that they make a good alternative in the menu.

Although many people prefer to have their snap beans merely steamed or boiled and seasoned with butter or pork fat, an old-time favorite dish is snap beans cooked with salt pork. A variation of this is to sprinkle over the cooked beans small bits of crisped salt pork or bacon. The Bureau of Home Economics suggests another variation, a summer form of pork and beans-- shredded snap beans with fresh pork. This is a good main dish for dinner, and an economy dinner at that. Pork is still cheap, and beans in season, even if you have no garden, should not cost much. Add to the menu potatoes and fruit-- berries or fresh peaches would be excellent-- and you have a nutritious, balanced meal. This recipe calls for a lean piece of pork cooked and shredded and then mixed with the shredded beans, which gives good pork flavor but not too much fat.

The bureau suggests another, a quick-cooking method, for snap beans. Cut the beans into small pieces. Drop them into a small quantity of boiling salted water, leave uncovered, and cook 20 to 30 minutes. As soon as the beans are tender, drain, season with more salt if necessary, pepper, and melted butter or other fat. Another way is to cook the beans in milk. Simmer them-- do not boil them-- and thicken the milk if desired. Green beans or wax beans are excellent in salads, and this is a good way to use up left-overs. With potato salad, especially, beans are good, both for flavor and color.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	13 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork bacon, margarine, butter, etc.	2 $\frac{1}{2}$ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "

Sugar and molasses	3 lbs.
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Hot cereal
 Whole wheat toast
 Tomato juice for all

Dinner

Shredded snap beans and fresh pork
 Mashed potatoes
 Fresh Fruit

Supper

Crusty mashed potato cakes
 Creamed onions
 Hard rolls
 Jelly or preserves
 Milk for all

RECIPES

Shredded snap beans and fresh pork

2 tablespoons butter or meat drippings	1 teaspoon salt
1 quart shredded snap beans	1 pint shredded cooked pork

Melt the fat in a heavy skillet, add the beans and salt, cover, and cook for 20 to 25 minutes, turning the beans frequently. Add the pork, stir until well mixed with the beans, and cook for about 5 minutes longer, until the meat is thoroughly heated. Serve on buttered toast. The beans should be young and tender when this method of cooking is used.

Snap Beans au Gratin

Drain the liquid from cooked or canned snap beans, and put them in a shallow greased baking dish. Cover with white sauce, sprinkle with buttered bread crumbs mixed with grated cheese, and bake in a moderate oven (350°F.) until the sauce bubbles and the crumbs are brown.

Potato Salad With Snap Beans

4 medium-sized potatoes	1 teaspoon grated onion, or more
1 cup cooked snap beans, cut diagonally in small pieces	1 cup cooked salad dressing (or French dressing, if preferred)
1½ teaspoons salt	

Cook the potatoes in their jackets in boiling salted water. As soon as tender but not soft, drain, remove the skins. After they are cold, cut the potatoes in small uniform cubes and pour the salad dressing over them while it is hot. The potato absorbs the dressing and has a better flavor. When cool, add the beans and onion. Mix together lightly so as not to break the potato and make a mush. Chill thoroughly and serve on crisp lettuce leaves.

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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



RELEASE FOR PUBLICATION
JULY 19, 1933 (WEDNESDAY)

WASHINGTON, D. C.

THE MARKET BASKET

by

the Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal - Milk for children, bread for all

Every day --

Two to four times a week --

Cereal in porridge or pudding	:	Tomatoes for all
Potatoes	:	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	:	Eggs (especially for children)
A green or yellow vegetable	:	Lean meat, fish, or poultry or
A fruit or additional vegetable	:	cheese
Milk for all	:	

CONSERVING FOOD VALUE IN THE COOKING OF VEGETABLES

Probably most cooks have their specialties, and some are proudest of their skill at cooking vegetables. If such a cook is the homemaker in a family where economy must rule the kitchen, she is a blessing and treasure hard to match.

Of all the kinds of food, vegetables, more than any other, need scientific cooking. Some of their most important nutritive values are easily lost in cooking, and this is less true of other kinds of foods. We depend upon vegetables and fruits for a large share of the mineral substances and vitamins that are required to keep our daily food supply in balance and our bodies in good condition. Breads and cereals, fats, sweets, milk, eggs and meats can supply us with many of the essential food constituents, but not with enough of all the minerals and vitamins. We turn to vegetables and fruits to make up those deficiencies, particularly to vegetables.

If all the vegetables were eaten raw, we would get more of their mineral and vitamin values than we do. That is one reason food scientists so emphatically

recommend raw cabbage, raw carrots, raw turnips, celery and lettuce. The vitamin C in vegetables is very easily lost in cooking, except in the cooking of tomatoes. There the acid serves to prevent the destruction of vitamin C. Vitamin B is less easily destroyed, but it, too, is affected by heat and water.

To overcome these difficulties and to avoid nutritive losses so far as possible, different rules apply to the cooking of different kinds of vegetables:

Baking in the skin is the ideal way, from the standpoint of food values, to cook potatoes, sweetpotatoes, and squash, for example. Baking in a covered dish, a casserole, accomplishes the same purpose in vegetables that can be cooked without added water. Panning, or cooking in a covered pan on top of the stove, using little or no water, is another application of the same principle, and can be used for a considerable variety of vegetables.

Steaming is the second best method from the standpoint of preserving food values. Many vegetables can be steamed.

Boiling, the commonest method, calls for special precautions to prevent loss of food values. Three important points to observe are these:

Cook vegetables only long enough to make them tender but leave them firm in texture.

Cook them in as little water as possible. Some, like spinach, in just the water that clings to the leaves after washing. Brussels sprouts and cauliflower, on the other hand, need water enough to cover.

Serve the cooking liquid if possible, for it contains much of the mineral substances and some of the vitamins dissolved in cooking ^{the} vegetable. Gravies, sauces, soups, and seasonings can be made with this cooking liquid, if it is not feasible to serve it with the vegetable itself.

These same rules apply also for conserving the flavor. For texture, short cooking is the thing. As to color, short cooking, in salted water and uncovered, will produce least change of color. Soda is often used for this purpose, but the bureau does not recommend this practice because it reduces the vitamin content and takes away some of the flavor of the vegetable.

To shorten the cooking time, have the water boiling when the vegetables are put into it, but boil gently after that. Removing the tough stems of leafy vegetables is another way to cut down the cooking time.

Cabbage is the vegetable most abused by over-cooking. Yet all its best qualities are saved and there is no objectionable odor if cabbage is cooked only 5 or 10 minutes instead of hours as some cooks do it.

For other common and inexpensive summer vegetables, the boiling periods suggested by the bureau, for prepared vegetables in quantity to serve five or six people, are approximately as follows:

- Beans, snap (1½ - 2 lbs.), cut in pieces, boil 20 to 30 minutes.
- Beets, young (2 bunches), whole, boil 30 to 45 minutes.
- Beet greens (3 lbs.), with stems, boil 15 to 20 minutes; without stems, 10 minutes.
- Brussels sprouts (1¼ lbs.), whole, boil 15 to 20 minutes.
- Cabbage (1 small head), shredded, 5 to 10 minutes.
- Cauliflower (1 medium head, 2 - 2½ lbs.), separated, boil 10 to 15 minutes.
- Collards (3 lbs.), boil 20 minutes.
- Corn (6 ears), on cob, boil 6 to 15 minutes.
- Kale (2 - 3 lbs.), boil 20 to 25 minutes.
- Kohlrabi (6 medium sized, 1½ lbs.), pared, sliced, boil 25 to 30 minutes.
- Okra (1½ lbs.), whole, boil 10 to 20 minutes.
- Peas, fresh (3 lbs., in pods), shelled, boil 10 to 20 minutes.
- Spinach (2 - 3 lbs.), boil 10 minutes.
- Summer squash (3 - 4, 3 lbs.), pared, sliced, boil 15 minutes.
- Swiss chard (2 lbs.), boil 20 to 30 minutes.
- Turnip greens (2 - 3 lbs.), boil 20 to 30 minutes.

 WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
 including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	2½ "
Other vegetables (including some of green or yellow color), and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 "

 LOW-COST MENU FOR ONE DAY

Breakfast

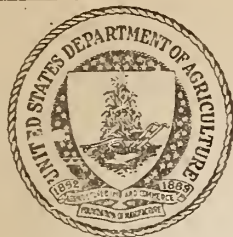
- Oatmeal - Toast
- Tomato Juice for youngest child
- Coffee (adults) - Milk (children)

Dinner

- Bacon - New Beets and Beet Tops (cooked separately, seasoned with bacon drippings, and served together)
- Corn Muffins
- Rice with Lemon Sauce - Milk for all.

Supper

- Grated Raw Carrot Salad
- Cottage Cheese - Bread & butter
- Sliced Peaches
- Milk for children.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JULY 26, 1933 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

MAKING THE MOST OF MEAT FLAVOR

The flavor of meat has an extraordinarily strong appeal to most appetites. Knowing how to buy meat, how to cook and serve it in a variety of appetizing ways is, therefore, a prime asset to a good cook.

In homes where money is scarce this asset is doubly important, says the Bureau of Home Economics of the U.S. Department of Agriculture. These housewives must learn how to use the meat flavor wisely in a diet otherwise likely to be monotonous. It is a two-way problem beginning with the selection and cooking of the meat and ending with the effective use of every bit of the cooked meat.

Cheap cuts are just as flavorful and nutritious as expensive cuts. Take shoulder of lamb or veal for example. The meat is tender and with the bones



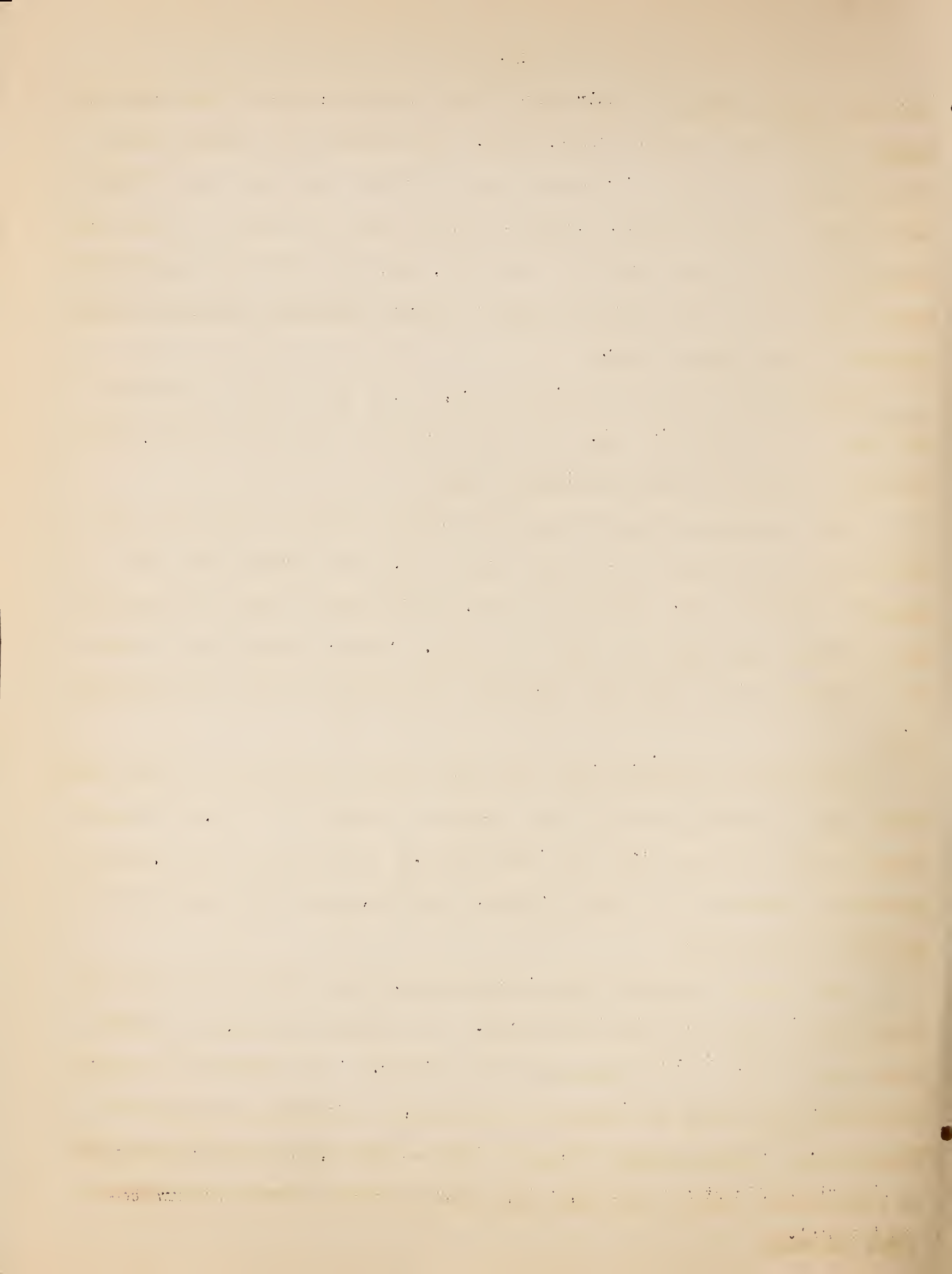
out, and a savory stuffing in their place, these cuts make roasts in every way comparable to those that command a higher price. Slow roasting in a moderate oven after browning is the secret for tender roasts. For the less tender cuts of beef such as lower round and brisket, the way to convert them into savory pot roasts and stews is to brown the meat first in a little fat, then add a very small quantity of water, cover the pot, and cook very slowly at moderate temperature until the tough connective tissue becomes tender.

With meat well cooked in the first place, it is easy to make the most of the flavor in the next day's hash. By adding potatoes to the left-over meat, you "extend" the flavor, as the home economist says.

There are many other meat "extenders" besides potatoes-- other foods that readily take up the flavor of the meat. Most of these are starchy foods, such as macaroni, spaghetti, rice, dumplings, noodles, bread crumbs, toast, pie crusts, or patty shells. Some sauces also serve the purpose. Creamed chopped meat on toast is an attractive way to serve the left-overs, with plenty of flavor and substance, too.

Then there is shepherd's pie-- lamb stew (without potatoes) in a baking dish, with a layer of mashed potatoes on top, temptingly browned in the oven. The same thing is done, of course, with other kinds of meat. Meat pie, meat patties, meat shortcake, creamed meat in a ring of noodles, meat loaf, are other variations of this same economy device.

Cured meats, with their salty, piquant flavor, are excellent for toning up bland foods. Corned beef hash, for instance. Or creamed minced ham, or creamed dried beef on toast. Or French-toasted ham sandwiches. The sandwiches are spread with ground cooked ham, then dipped in egg and milk, and fried in the manner of French toast. A more elaborate dish, but still a cheap one, is beef and ham gumbo in a rice ring. Almost a full meal, this, for it contains tomatoes and okra besides the meat.



Scalloped liver and potatoes, liver and rice loaf, savory meat on toast, scrapple, stewed meat with noodles, meat and vegetable stews-- all of these are examples of "extending" meat flavor to less flavorful foods.

Another way to extend meat flavor is with gelatin. Jellied meats, especially veal or lamb, with or without vegetables in the jelly are a particularly agreeable hot weather dish-- cheap and easy to make if you have a good refrigerator, but not to be undertaken otherwise, because the gelatin as well as the meal spoils quickly in warm temperatures.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Fats, such as lard, salt pork bacon, margarine, butter, etc.	2½ "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 20 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Cereal - Toast
Tomato juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Beef or ham gumbo in rice ring
Rye bread and butter
Watermelon
Tea (adults) - Milk (children)

Supper

Potato salad
Bread and butter
Iced cocoa and raisin cookies

RECIPES

Beef and Ham Gumbo in Rice Ring

$\frac{1}{2}$ pound cured ham, diced	1 pint water
$\frac{3}{4}$ pound beef, diced	1 quart tomatoes, fresh or canned
1 onion sliced	1 quart okra, cut crosswise
1 green pepper, chopped fine	Salt and pepper to taste

Cook the ham and beef until browned in a large frying pan. Add the onion and green pepper, and cook for a few minutes. Add the water and tomatoes, cover, and simmer until the meat is almost tender. Then add the okra. Season to taste and simmer uncovered until the okra is tender and the stew has thickened. Serve the gumbo in a rice ring made as follows:

Rice Ring

1 cup rice	2 tablespoons butter
4 cups water	2 dashes tabasco sauce
1 teaspoon salt	

Wash the rice well, and sprinkle it into the rapidly boiling salted water. Cook for about 20 minutes, or until the rice is tender and the water absorbed. Add the seasonings, put the rice into a well-greased ring mold, and pat it down. Re-heat in the oven, turn onto a round platter, fill the center with the gumbo, and serve at once.

Creamed Ham

3 tablespoons butter or other fat	$\frac{1}{2}$ cup chopped green pepper
$4\frac{1}{2}$ tablespoons flour	Salt
3 cups milk	Pepper
3 cups ground cooked ham	

Make a white sauce of the fat, flour, and milk. Add the ham and green pepper and cook the mixture about 10 minutes. Season to taste with salt and pepper. Serve hot on toast, with waffles, or in a rice ring.

Curry of Pork or Lamb

1 cup sliced onion	1 cup thin gravy
2 tablespoons drippings	1 teaspoon curry powder
4 cups diced green or half-ripe tomatoes	Salt to taste
2 cups chopped lean cooked meat	

Cook the onion in the drippings for a few minutes. Add the tomatoes, cover, and cook until tender. Add the meat, gravy, and seasonings, stir, and heat the mixture thoroughly. Serve hot with flaky rice. Apples may be used instead of tomatoes.

